NIAGARA COLLEGE
Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

NIAGARA NEWS

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Violence equals violence

By LEE-ANN AYRES
Staff Writer

Post-secondary students voiced their anger Wednesday at Queen's Park in Toronto by crashing through barricades and storming the doors to the legislature building.

No students from Niagara College participated in the events.

"It (the protest) started off as a peaceful protest. It was regrettable but predictable," says Simone Saint-Pierre, communications co-ordinator for Canadian Federation of Students (CFS).

Niagara College's Student Administrative Council President Bren Biggs said, "It (the protest) was absolutely irresponsible and counter productive.

"They have a history of confrontational behavior and that behavior just hinders those students that are trying to make progress."

Approximately 1,200 students took part in the protest leading to at least two arrests and two injuries in Toronto. The protest was one of several across Canada. Ontario students protested a 20 per cent tuition increase.

Saint-Pierre says that the organization cannot condemn students' actions. "He's (Premiere Mike Harris) doing violence so he should expect violence."

"SAC is trying to distance ourselves from groups like these because we are trying to make positive changes," says Biggs.

See related story on page 2.

New president, new changes

By SARAH MURRELL
Staff Writer

For new Niagara College President Dan Patterson, the first few months on the job have been filled with difficult situations and tough decisions.

Patterson had "a lot of difficult challenges to deal with right away. He had no holiday," said Rick Bassett of St. Catharines, chair of the board of governors.

Patterson, who took over as college president on Dec. 4, has responded to the challenges. After the provincial Tory government announced budget cuts of $3.3 million on Nov. 29, Patterson reorganized the college eliminating 59 jobs including one vice-president position.

"Nov. 29 was a significant defining moment for the college. I've been preoccupied with ensuring we manage those cuts in a way that minimizes the negative impact on students," said Patterson.

Patterson has "introduced a tremendous amount of change in a short period and done so with the realization that change has been difficult but necessary in order for us to position our future as a strong and vibrant institution," said Bassett.

Aside from budget cuts, Patterson has been working on communication within the college community and the transformation of the college.

"I've been focusing on dealing with relationships in five key constituent groups," the college president said.

Continues on page 2

GOT 'EM

Niagara Regional Police Cop cards could appear much like this photo of Hamilton-Wentworth police officer Grace DiTommaso. The cards are to be unveiled this May during Police Week '96. See story on page 7.

Photo submitted

BULLETIN

By SARAH MURRELL
Staff Writer

David Schleich, vice-president of academics, is resigning from Niagara College.

Schleich, who replaced Tony Knowles as vice-president of academics in February 1991, has accepted the position of President with the Canadian College of Naturopathic Medicine, in Etobicoke.

Schleich will be leaving the college on Feb. 29. Hans van der Slagt, vice-president of administration, will be interim acting academic vice-president until a replacement is found. Advertisements to fill the post are expected in a week.

New faces, new SAC?

By LEE-ANN AYRES
Staff Writer

Niagara College's Student Administrative Council (SAC) is doing the executive shuffle.

Three SAC members resigned in order to "pursue their academic studies 100 per cent," said Lou DiMattio, SAC liaison, last week.

Executive Vice-President Paula Dempsey, Vice-President External Affairs Mike Matowski and Vice-President Athletics Lyndon Johnston resigned.

They were replaced by the three elected student representatives.

Melody Mayville was appointed to vice-president external affairs.

Amanda Cheevers was appointed to vice-president athletics and Kyle Anderson was appointed to vice-president external, replacing Mark McNiven who assumed vice-president executive.

These appointments were made Tuesday night at the Board of Directors meeting.

"Student representatives have always been eager and anxious to help out. Therefore, moving these representatives into executive positions, I believe they'll do an admirable job," says DiMattio.

Cheevers, 19, a first-year Visual and Creative Arts-Design program student, says she likes her new role. "I think it's great and I'm very lucky to get this position.

"I'm looking forward to upcoming challenges and will do the best I can for the school."

Anderson, 19, a first-year Electronics Engineering Technology program student, said only, "What about the bread?"

SAC replaced the student representatives yesterday at the class representative meeting. All members assumed their new responsibilties.

Entreprenuership is the key

By JENNIFER MITCHELL
Staff Writer

"Jobs are now appearing in multi-discipline areas," noted Canadian career development guru Colin Campbell told about 150 people.

Campbell's "Where the Jobs Are", delivered on Monday, Feb. 5 in Niagara College's Hamilton Room in Welland, was the first in the college's new Speakers' Series.

The global economy is very significant. Business limitations fall as technology opens worldwide markets. Everything is happening so quickly, it can be very exciting if you are keeping up with the technological developments and very scary if you aren't, said Campbell in a pre-presentation interview.

Campbell is the author of ***Where The Jobs Are: Career Survival for Canadians in the New Global Economy, and of Jobscape, a future publication.***

Lifelong education, risk takers, decision makers, interpersonal and communication skills will mesh with "virtual companies", post-diploma programs and contract employment.

College President Dan Patterson, in his welcoming address, said, "The changing nature of jobs is of vital concern to our community. It is of great concern to the college that we be on the forefront of the technological advancements and change."

Campbell began the evening using statistics supporting the value of education gained from a college diploma.

JOB TRENDS

High school dropouts, and those with an elementary school education are in a "depression" as far as jobs are concerned, he says. Only 59 per cent of high school graduates have jobs. Fifty per cent of these jobs are at the blue-collar level. By the year 2020, only 20 per cent of jobs will be blue-collar.

The future of jobs in Canada is in part-time or contractual work. "Working for yourself has become a very important reality," he says. Of the two million businesses in Canada, half are run by one person working from home. Small businesses create nine out of 10 new jobs, for two-thirds of all private-sector employment, he says. In the public-sector, the federal government wants 22,000 civil servants to save office space by working out of their homes.

Continues on page 2

Education, trends, skills and job growth in region

Continued from Front Page

Campbell blames the current lack of jobs on several areas. A recently released Bank of Canada report states 141,500 jobs were created in the knowledge-intensive industry (higher-educated), while 253,700 jobs were lost in the low-knowledge-intensive industry. He said Canada's debt suppressed jobs by 10 per cent.

From 1988-1993, wage rates rose five per cent faster than productivity in Canada, this reduced employment by two per cent, he says.

Virtual companies are the next wave in upcoming technology. These are companies that don't have any overhead in the aspect of real estate. They conduct business over the telephone and fax lines. Some may also take advantage of the Internet system. Ninety per cent of a company's overhead has to do with real estate, he says.

"...Things are much more mutually dependent, with many areas overlapping and integrating. People in finance have to be able to communicate with the people in research or marketing," he says of the new diversified workplace.

"Technology is the biggest factor in changing the world. At the moment the Internet is just two tin cans connected by a string. Five years from now the Internet idea will take off like warp speed," says Campbell.

The biggest limiting factor in the changing world are human beings. Workers often need to be restructured, but some people can change faster than others. Companies are now realizing people are the most important asset they have, but most don't know how to manage people, he says.

FUTURE EDUCATION

Campbell predicts a huge growth area for colleges or universities is in post-diploma programs. Employers will want employee distinction. With a continuously developing and changing workplace, upgraded education is increasingly necessary.

Educators must also keep in mind the move from the mass market towards a highly tailored education for the individual. Although mass production is cheaper in the economic sense, "wouldn't you rather pay 10 to 15 per cent more for exactly what you want or need instead of approximately what you want or need?" asks Campbell.

Students will soon have access to virtual classes, says David Schleich, vice-president of academics for Niagara College. Upcoming technology will make it possible for the "learner to work on a course from home at his or her own discretion and time."

WORKPLACE HIRING TRENDS

With a rapidly changing world, risks increase. Employers are looking for people who can handle risks or decisions on their own. "There will be no rulebook or structure for every move to be made," says Campbell.

Potential employees will have their resume thoroughly screened, often by employment agencies. Employers are looking for the best.

There is a current trend in "try before you buy," says Campbell. Employees are hired on contract to assess abilities. Employers are looking for people with excellent interpersonal and communication skills.

The power of networking shouldn't be underestimated. Employee's networking assets and capabilities are important. Companies are "looking at what kind of connections could you (as an employee) make if the company hired you?" says Campbell. "People who network, live longer, live happier and move quicker through the ranks of business."

WORK SKILLS NEEDED

Communication skills are necessary for negotiations, teaching, written reports and oral presentations, while learning and monitoring skills are needed to evaluate the company's performance.

Creative problem solving skills are important because, "in the world of change, every customer is a problem," Campbell says.

Interpersonal skills are needed for teambuilding, leadership, customer service, entrepreneurial aspects and marketing.

JOB GROWTH AREAS

The Baby Boomer generation is vital to the economy. They have most of the money in the country. "Boomers are the wealthiest generation in history," says Campbell. They stand to inherit approximately $1 trillion from their parents. Health care and other services to the 'boomers' are high growth areas.

Exports are very important to Canada's economy. "So far it is the only thing keeping us afloat."

Upcoming markets include telecommunications, computers and software, instrumentation (computer chips inside appliances and vehicles), environmental concerns and entrepreneurship.

NIAGARA REGION

In a panel discussion following Campbell's address, Mike Duffy, manager of the Niagara Economic and Tourism Corporation (NET Corp.), indicated figures for the Niagara region projected the 2006 population would reach 460,000. It is an aging population, with one of the largest numbers of people over 50 in the country.

In the region there are 150,000 jobs, with 91 per cent employment. The significant employment sectors in the region include manufacturing which employs 43,000, 41,410 employed in the public sector, 28,000 jobs in the retail/trade industry, and 17,000 employed in the accommodation, food and beverage industries, Duffy says.

Tourism is a substantial employer employing about 17,000 in part-time seasonal work. The region welcomes 16 million visitors a year, a figure which is expected to jump dramatically when the casino opens in Niagara Falls.

Duffy says the NET Corp. is trying to change the public's image of the Niagara region. He says for many years it was regarded as a General Motors plant surrounded by peach orchards and the Falls.

On Monday, Feb. 5, Colin Campbell, author of *Where the Jobs Are*, held a presentation on the future of jobs in Canada, in the Hamilton Room, Welland Campus.

Photo by Jennifer Mitchell

Nick, a member of the audience who wished to remain unidentified, says he found Campbell's presentation "very interesting, and informative." He says he was concerned that some far-reaching issues were not dealt with, such as those arising from people currently unemployed.

Tickets to attend the presentation were offered free of charge. Cathy Weir, marketing associate for Niagara College, says a sold out crowd of 225 seats, with a waiting list, will enable the college to bring Campbell back for another presentation Monday, Feb. 12. This event is also sold out with a waiting list. "The interest is definitely here," says Weir.

Campbell attended the University of Toronto. He's an experienced teacher and provider of career counselling for students and adults.

He is president of Career World, a Toronto firm specializing in electronic resume searching, and job-search related services for North American clients.

He is also chief executive officer of Human Resources Strategies Inc., a consulting firm specializing in development and management of career, learning, and professional development centres.

A member of the board of directors of the University of Toronto Faculty of Management Alumni Association, he assists in co-ordinating the alumni-student mentorship program, and student placement-related activities.

The International Education department is presenting a speaker in the "Speakers' Series 1996". On Tuesday, Feb. 20, Dr. James Orbinski will address "Why is there still war in our world?", in the Hamilton Room, Welland Campus, at 7 p.m. A limited number of tickets are available. Please contact Jos Nolle, International Education department manager, at (905) 735-2211, Ext. 7737, Fax (905) 735-2413 or E-mail: jnolle@lundy.niagarac.on.ca

Patterson excited about new job

Continued from Front Page

The groups are students, board of governors, the community, other college presidents and staff. "My first priority is to build good solid relationships with each group.

"I've opened dialogue with Bren Biggs, Student Administrative Council president, I've talked to her on several occasions. I hope to get invited to a SAC meeting."

Patterson says he will speak to a number of students on an individual basis about their studies and how they like learning at Niagara College.

He has been interviewed by students in the Broadcast-Radio, Television and Film Program demonstrating his belief a college president should be "visible and accessible."

The transformation of the college is a project Patterson continues to work on. The transformation is a "long-term strategy of literally reinventing the college given current realities we are faced with," he said.

The realities the college is facing are funding cuts, changing learner expectations and student body, more competition and increased technology.

Patterson is also working on the upcoming gateway project. Gateway works on the premise that Ontario is the gateway to Canada and the United States, aimed at increasing tourism in the Niagara Region.

"Dan put himself right into the job, he's been working hard," said Bassett.

Becoming president has "made my job seven days a week, 24 hours a day. It's been exhausting and at the same time exhilarating," said Patterson.

"I feel very charged. I'm honored to be given this responsibility," said Patterson.

"I've always managed my career with my goal of a senior leadership role either in a community college or other public sector area. I'm glad I realized my goals early on — before I was 50."

Niagara students don't walkout

By LEE-ANN AYRES
Staff Writer

On Wednesday, Feb. 7, university and college students shut down, walked out and got fed up.

Sixty-five universities and colleges, members of the Canadian Federation of Students (CFS), took part in a national "Day of Action."

The organization is protesting the cuts made to post-secondary educational programs. "We recognize there is a deficit and a debt in this country," says Michael Macinelli, national deputy chairperson of the federation, in a press release.

Niagara College did not participate in the pan-Canadian protest because it is not a member of CFS. Niagara College's Student Administrative Council (SAC) is a member of Ontario Community College Student Parliamentary Association (OCCSPA).

OCCSPA is a bilingual, student-run lobbying and networking organization. The association represents over 138,000 college students in Ontario.

OCCSPA deals with matters of common concern such as tuition and student safety.

Bren Biggs, SAC president, says two major reasons Niagara College is not a member of CFS is because the organization focus is mainly on the universities and membership costs are more expensive. "CFS charges $14 per student whereas OCCSPA charges 65 cents per student."

Nursing program axed: right or wrong?

CHRISTINA RICHARDSON

By LEAH LAPRISE and STACEY SMITH
Staff Writers

Christina Richardson of St. Catharines, a first-year Nursing student, says it's "a shame because Mack is the oldest (nursing) school in Canada." She says, however, that it's "kind of good" that they're cutting the program because "there are so many nurses, and not enough jobs to go around." Richardson, 23, hopes the number of jobs will even out with the number of nurses.

JASON CZABAN

"I felt pretty disappointed at first," says Jason Czaban, a first-year Nursing student from Niagara Falls.

Czaban, 24, says the $3 million a year Nursing programs seemed to fit the $3.3 million they needed to cut "perfectly."

"It seems like an easy chunk to get rid of," he says.

DEBBIE MCLEAN

Debbie McLean, of St. Catharines, says she's concerned about being able to finish the Nursing program. She wonders about missed credits and whether the first-year students will be able to pick them up once the centre closes its doors for good.

McLean, 20, a first-year Nursing student, says dropping the Nursing programs was "the easy way out."

McLean says there were probably other programs that could have been cut, but "the cost of our program is so high they decided to wipe it out."

CHERYL RYAN

Cheryl Ryan, 23, a first-year Nursing student from Grimsby, says she was worried when she first found out about the cuts because she wasn't sure how they were going to affect her.

"I was curious about whether or not I was going to have to go to a different school to finish,"says Ryan.

REGAN RAWSON

"I couldn't believe it. It seemed so dumb. Nursing is such a popular program, why would they cut it?" asks Regan Rawson, 19, a first-year Nursing student.

Rawson, of St. Catharines, says she didn't like the way the students had to find out about the suspension of the Nursing program through the paper, and not from the people responsible.

"They could have told us first, before announcing it to the rest of the city," she says.

New director has big plans for technology students

By BOB GILES
Staff Writer

Program combinations and new leadership are the result of the vision of the new president of Niagara College in response to government cutbacks.

Brian Moukperian, 42, is the director of the new Integrated Manufacturing and Customized Training Division.

On Thursday, Feb. 1, at 3 p.m., Moukperian introduced himself to Welland staff members of the Mechanical Engineering program, Technology Program, Manufacturing Technician program and Construction Technology program.

President Dan Patterson, Vice-President Academic David Schleich and Interim Director Barry Sharpe attended.

"I'm looking forward to working with the people I have heard so much about because of what they are doing," said Moukperian.

He says he wants to work as a team with his staff to lead the division to new levels and bring it more attention.

"My feeling to the key to success of post-secondary school comes down to the three R's. The students need to be Recruited, you need student Retention, and the students who Return," he said.

He said the teachers are closer to what the students want, while he is closer to what the businesses want.

"I face serving the needs of the employer, listening to the needs of companies, which is different than the three R's," he said.

Moukperian's experience is in apprenticeship training where there is no recruitment responsibility. The students were sent on salary by their employers; they were of a "different mind set."

He spent most of his time talking to companies like Dofasco, Atlas Steel, Fleet, John Deere, TRW, General Motors, and Thompson Products.

His background is in apprenticeship and skills training with the ministry. In his new post he'd like to combine the best of the co-op and apprenticeship training, and combine related areas in similar fields in some classes.

"But, if it is a decision to start with people or programs, I'm going to start with people."

He says he wants to introduce staff to an Integrated Apprenticeship Model Program.

"I've got a Pool and Spa Apprenticeship program and they do concrete work and the Construction program does concrete, so there are some matches. Even for a guest lecturer or a guest speaker, this gives us possibilities we can take advantage of, if people want to do that," he said.

There is a possibility of teachers crossing campus lines if they desire, or even some in-field training of their own to update their skills for employer needs.

Moukperian has been with Niagara College for 4 1/2 years. He is at the St. Catharines campus.

He has three university degrees: an undergraduate degree from Hamilton's McMaster University, a teacher's degree from Kingston's Queen's University, and a master of education from St. Catharines' Brock University.

Moukperian says he is excited to be joining the Academic Operations Team (AOT), and is looking forward to working with Schleich.

College Link Year program provides career focus

By BEN FISHER
Staff Writer

A new agreement between local school boards and Niagara College gives students who have not completed high school the opportunity to attend college.

The Niagara South Board of Education (NSBE) has signed 68 agreements with 11 different programs at Niagara College.

The pilot project, called College Link Year, is offered at Welland High School. The program is the only one offered in Ontario.

The two-semester program focuses primarily on English and math while motivating students to set personal goals.

"Students are working together as a group. You feel responsible to the group," says Roger Kleinsmith, Welland High's College Link Year program co-ordinator.

"Through a common goal it gives them (students) a reason to come to school.

"It is hard to tell someone what to do," says Kleinsmith. "We try and get them focused on a career direction. The program is a stepping-stone to give them direction." The program doesn't necessarily draw "slow vocational students."

"We are trying to reach students who are dropping out of school, giving them a career focus," says John Mrmak, a NSBE consultant. He says the aim is preparing students for success at the college level.

"The key is you need a good teacher," says Kleinsmith. "A lot of people wouldn't think of applying to Niagara College, not knowing about the Career and College Opportunities program."

It's a one-year program offered at Niagara College focusing on career planning and workplace preparation.

Interest must be in the school in order for articulation programs to be successful, says Mrmak. "We are trying to keep consistency in the secondary schools (curriculum). Articulation spells out the key areas. We found out there are a lot of misunderstandings between colleges and secondary schools."

An articulation agreement outlines which courses should be taken at the high school level in order to succeed at college. It also provides co-ordination of curriculum between the two levels of education.

"It is great to have teachers sitting down together. Before articulation, co-ordination wasn't going on. On the other hand, college institutions had little reason to see changes in secondary schools.

"It is a win, win situation. It is good for us (NSBE) and we have been told by Niagara College that it is great (for them)," Mrmak says.

If students are interested in post-secondary education, he says, they will have the choice to choose the proper courses in high school.

"By the time of graduation, students should have the right course package that leads them to success."

Articulation agreements are "a great idea, something that should be pursued more vigorously by all sides," says Mrmak.

"The program is viable. We're not working separately. Both parties (NSB and Niagara College) have actively pursued this agreement," says Kleinsmith.

EDITORIAL PAGE

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Pros and cons of newspapers

Positive versus negative.

A positive story doesn't sell newspapers and yet with every job, every company stresses positive attitude as a prime quality when hiring an individual.

A negative story sells. It stirs the reader's emotions enticing the reader to react, increasing the subscription base and a paper's revenue.

As the providers of information, the print media has a responsibility to provide society the day's events without bias.

It would appear however, the decision-makers in the newspaper industry, through opinion polls and readership surveys, have found readership thrives on the misfortune of others.

We agree reality should be told and not sugar coated. But is reality negatively one-sided? It would be refreshing to see someone take the initiative and include news with a positive twist on the front page as/or the lead item or broadcast.

Most daily papers are consumed with continuously filling their front pages with negativity. Broken government promises, job cuts and horrific deaths are constantly highlighted. Is reality entirely doom and gloom?

There is only so much negativity people can absorb and then, sooner or later, they will tune out. That equates to reduced subscribers and more job losses, in a newspaper industry already feeling the pinch.

Then again, it makes for a good front page story doesn't it?

RON CROWLEY

Valentine's Day has many factors

Valentine's Day is next Wednesday. Who cares?

This so-called "special day" doesn't do much for many people. There are many factors which make Valentine's Day the wrong kind of day.

First, money is needed. No money? No gift, no dinner at a nice restaurant, or anything at all on that day.

Second, can anybody explain why there is a specific day to show someone eternal love? Shouldn't love and affection be shown every day, and gifts be given from time to time?

Valentine's has become a day like Christmas and birthdays — three days in the year when one has to worry about cards, presents and special plans. Ugh! - Bah humbug!

Don't get us wrong. There are some of us who will go the extra mile for our lovers, but we'll do it every other day (not only on Christmas, birthdays or Valentine's) — sometimes days in a row.

Valentine's Day is for individuals needing a day to remind them who it is they love or who it is they like.

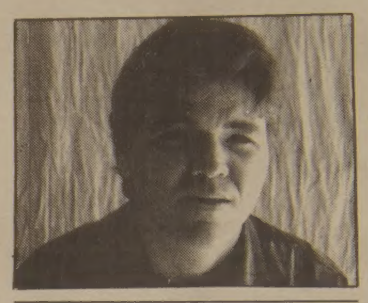
Not many need a day to remind them who it is they hate.

Do you ever wonder why some women think men have done something wrong when they give presents? It might be because it isn't one of the three "special days."

SALVADOR RAMOS Jr.

Commercials are manipulating

By RON WOLF
Staff Writer



Beware of words. Words could make average consumers purchase items they don't want or make them go places they normally wouldn't go.

Television commercials are prime examples of manipulation of the TV viewer.

Classic examples include "nine out of 10 dentists prefer . . . (a well-known gum)." Who are these dentists and, more important, why didn't the one dentist prefer the gum? Are these real dentists? How much experience do these dentists have?

"Clinically proven" is another good example of manipulation. Were these clinically proven findings found in a basement in a run-down house called a clinic or in a hospital? Did real medical doctors do the experiments?

Some commericals claim that if the consumer writes to the address provided in the commercial, the company will provide medical papers to prove the clinic's findings. The average consumer wouldn't know what the medical findings meant once the papers arrived.

On TV, a popular coffee shop claims if their coffee isn't sold in 20 minutes the coffee won't be sold at all. I have sat in these coffee shops since the commercial aired and I have seen coffee sitting for more than 30 minutes — and then it's sold to the consumer.

These lines are easy to find in commericals or ads. What about the words that are easily overlooked? Words such as *may, should, can* and *might* are dangerous if overlooked.

A famous sports celebrity once claimed if a certain diet drink works for him, it will for the average consumer.

Months later on the same commercial, the word *will* was replaced with the word *should*. The word *should* comes with no guarantees that it will work.

One final thought — if a product comes with a life-time guarantee, is it the life of the consumer or the life of the product?

Speaker's series begins in the Hamilton Room

By LAURY REID
Staff Writer

Why is there still warfare in our world?

This complex subject is the first of three scheduled to be tackled in a speaker's series beginning Feb. 20, 7 p.m. in the Hamilton Room at the Welland campus.

Dr. James Orbinski, a member of the advisory board of the United Nations High Commission for Refugees in Canada, will be the key speaker at the presentation.

Orbinski is the former vice-president of Medecins Sans Frontiers International/Doctors Without Borders (MSF), the world's largest independent medical humanitarian relief organization. He has worked in Rwanda, Burundi, Zaire, Kenya, Afghanistan, Somalia, and briefly in Peru.

Orbinski, who holds a Bachelors degree from Trent University in Peterborough and completed his medical training at McMaster University, also received a Governor General of Canada medal for his work in Somalia.

Seats must be reserved in advance by calling Jos Nolle, International Operations manager, at ext. 7738, or by going into the International Education office, Hennepin H12. There is no cost for tickets.

Your opinions welcome

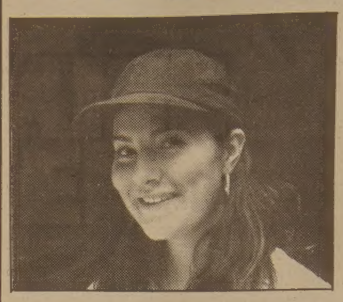
Your voice or opinion is welcome in our **Letters to the Editor** section. Our policy regarding letter submission is:

1. All letters must be received on the Friday one week prior to publication.
2. Each letter must include the student's name, college identification number and program of study.
3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

PERSPECTIVES

The dark beast lives



By STEPHANIE BONNER
Staff Writer

In the shadows of Guelph, Ont., the dark beast lives.

A cunning Machiavellian, it uses unscrupulous means to justify its survival. The legends of its power are true; no one can pass to the next level without its blessing, and no one can pass without an offering. It is known to those at its mercy as OCAS.

As if the Ontario College Application Service was a tyrannical beast, applying to college is a horrifying experience. Paying $30 (not to mention the 45 cents for a stamp) so your college application can be processed by OCAS only to be processed by the colleges of your choice is unbearable for practical individuals.

What's worse, applications from students already in college must also go before OCAS bureaucrats. An application to a post-graduate program may be reviewed by someone across the hall from your current program, but still, it must arrive via Guelph. The good news is you can save the stamp if you give your application to the college admission office to pass on.

At most schools in the United States, prospective students apply directly to the admissions office. There is no bureaucratic agency acting as middleman between applicant and college. Why should there be? That process only takes money away from state-funded colleges that would otherwise be used for students and their programs.

Being a firm believer in conservative thought, I agree spending cuts are the best way to reduce the provincial deficit. Given my attitude towards OCAS, however, I would like to suggest its dissolution. This action would be less likely to cause public hostility (OCAS employees not being included in this assumption) than raise college and university tuitions.

Why should college tuition increase by 10 to 15 per cent when the possibility exists to halt the increase at 10 per cent?

OCAS was created to make organizing applications easier for college admissions offices, but if it makes it harder for students to get a quality education, is it really needed?

Don't lose hope nursing students

By TRACY LAPRISE
Staff Writer

There's lots offered in the nursing field outside the Niagara region.

Niagara College Board of Governors axed the Nursing program last Dec. 14.

Students interested in nursing training may be nervous about the situation. There are more alternatives than they may think.

The Toronto Star's classified advertising sections display nursing program agencies of the United States and Canada.

Two of my friends graduated from the Health Care Aide program at Father Fogarty Campus in Welland. They say that the Niagara area isn't the place to be looking in the nusing field unless you're a Health Care Aide. Even Health Care Aides are having a tough time trying to get into the Welland General Hospital. Registered Nurses (RN) have been laid off at the Welland General Hospital. Health Care Aide students are being hired over nurses because of their lower salary.

Mississippi is one of the states accepting nursing graduates without experience. In most nursing jobs, experience is a necessity which puts more strain on students.

University of British Columbia (UBC) and Fraser College in British Columbia offer excellent nursing programs. My brother and his girlfriend say that these colleges and universities will pay students to train in their nursing programs. This could be an opportunity of a lifetime and I encourage students to look into this. British Columbia has many job offers in the nursing profession. The only problem that can occur is if the students aren't willing to travel outside of the Niagara Region.

New Jersey offers jobs to people with experience in the nursing profession.

Hospitals and medical service agencies in London, England will accept college or university graduates.

To the students across Niagara: if they're willing to make a few adjustments in their lives by travelling to new places, then they might make more money than expected. There are good nursing jobs outside Niagara region. Get out and look whether it's in the states or in Canada or beyond.

The case of the missing pencil case

By STEPHANIE TURTON
Staff Writer

Panic. Fear. Rage. Despair. Some of the feelings I experienced when I discovered my pencil case missing.

Unlike people who automatically fear the worst, I thought I had misplaced it. After looking through my car, bedroom and locker, my friends and family patiently listened to me tell them about my heartbreaking loss. They even helped me search. After several days of emotional torment, I had to face grim reality: my pencil case had been stolen!

I had purchased it from the bookstore at the University of Western Ontario when visiting my sister who attended classes there. I was immediately attracted to its bright purple shade and the distinct white "W" decorating the front. Barely 16 at the time, I had found what I thought was the perfect pencil case that would stick with me the rest of my life.

Well, we were only together for five years but it stuck by me through the toughest essays, projects and exams.

It's easy for me now to see my pencil case could have been equally attractive to someone else. Like the old saying goes, it's what's inside that counts. A calculator, day planner, eraser and several highlighters were among the items held by my old pencil case.

It's not the inconvenience and expense of replacing my pencil case that hurts my feelings, it's the shallow and remorseless culprit who took it which ticks me off!

Just a word of warning for other idealists like me: evil is lurking at Niagara College and it is responsible for the theft of my pencil case.

Three days of parking bliss

BY CELESTE DISTEFANO
Staff Writer

It was Friday, I was so happy to get in my car and head home and enjoy my weekend.

While walking into the parking lot I noticed something on the windshield of my car. I thought maybe it was a flyer, but as I got closer I noticed it was a parking ticket.

I couldn't believe it because I already bought my parking pass for January. I went to the parking office to let them know about the ticket and told them my parking tag number.

The people at the parking office told me they couldn't find the record of my purchase of a parking pass. Is it my fault they can't keep good records? I was asked to come back on Monday and they said the problem should be solved.

I decided I wasn't going to think about and would enjoy my weekend. I went to Buffalo to visit and enjoy a weekend away. I pull up to my brother's house and as soon as I opened my car door a big gust of wind blew through my car and my parking permit went flying into the air.

As I watched my permit getting further and further away I thought, there is no way I can convince the parking office I had a pass.

Monday morning I went to the office to let them know what had happened. They asked if I looked for my pass"real" good. The winds in Buffalo reached up to 50 mph, and unless I can fly I don't think finding the permit could happen.

So the college parking official decided they would replace my tag for a $10 fee. I said there is no way I would pay the fee. They could take it from my Student Administration Fee since I never use it.

The woman at the parking office decided that she would talk it over with her boss and they will have a decision for me whether I have to pay my ticket or not. In the meantime they gave me a parking pass that is good for three days.

"Gee, thanks for three whole days, I'll never forget it!"

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University grad knows the ins and outs of job hunting

By STEPHANIE BONNER
Staff Writer

Finding employment is a full-time job.

Just ask Greg Tombari, 23, a recent business graduate from the University of Windsor.

"I get up at 7 a.m. every day to begin my search," said Tombari. "The early bird gets the worm, right?"

Tombari, originally from Sault Ste. Marie, Ont., began university in September 1991 at 19 years of age. He completed all of his graduation requirements at Windsor in December 1995. His last semester of school was spent preparing for the job search.

"I took an unpaid position on the executive council of the Human Resource Club," explained Tombari. "It allowed me to do a lot of networking with alumni of the university already employed in human resources."

Tombari, a handsome, well-dressed optimist, specialized in human resources during the last two years of the four and a half years it took to complete his Bachelor of Commerce.

"It's the most interesting and exciting area of business," Tombari enthused, bobbing his left leg up and down. "It studies the human element of the business environment. A human resource professional is involved with recruitment, training and development, compensation, strategic planning and the overall organizational culture. Every large company has a human resource department, and that's great for me!"

Tombari moved to Welland, Ont., a few weeks ago to live with his fiancee and look for work in the Niagara and Hamilton-Wentworth regions. He's been hitting the pavement ever since.

"I've applied for 25 jobs in the past week," said Tombari wearily, "and those are career jobs." Tombari further explained he has only submitted his resume for positions that would make use of his training.

For Tombari, applying for different positions means more than just knocking on doors. He uses his home computer to fax his resume immediately to companies with an opening.

A resume, says Tombari, is the first element of a successful job hunt and should be polished before applying for any positions.

"The first thing I did was buy a resume guide, appropriately called *The Damn Good Resume Guide*," laughed Tombari. "Its style allows you to focus on your skills and accomplishments, rather than your employment history. It's perfect for new graduates who want to emphasize what they've learned in school and their extra-curricular activities. I'd recommend it to anyone."

After completing his resume, Tombari began a daily pilgrimage to the Canada Employment Centre on East Main Street in Welland. Once there, he taps into the job bank to see what is available. He also seeks advice from employment counsellors.

"I've gotten to know a couple of the Centre employees, which is an asset," said Tombari, his left leg bobbing again. "When they see how hard you're trying to find work, they'll often give you extra help with your search."

Another tool Tombari has used to seek out potential employers is the business directory, which can be found at public libraries throughout Niagara.

"Business directories have been a great help in finding places to apply," explained Tombari. "They give you fax and phone numbers of the people in charge of hiring for a particular business in the region."

Above all other methods of looking for a job, Tombari recommends networking. Networking is most easily accomplished by joining a professional association in your prospective area of employment. Tombari joined such an association.

"I'm a member of the Human Resource Professional Association of Ontario (HRPAO)," said Tombari. "They meet once a month at the St. Catharines Golf and Country Club. It's great because it provides me with the opportunity to network with prominent individuals in human resources. I've already had several leads. The established HRPAO members are terrific. They really take you under their wing."

Tombari, who intends to take courses at Niagara College to stay competitive, said one of the most interesting job-search tips he's received was from the dean of his faculty at the University of Windsor.

"He told me to always make a good impression with the secretary," remembered Tombari, smiling. "Nine-out-of-ten times the final decision to schedule an interview is based on whether the secretary found you rude or not."

Tombari will continue to do all the things he's been doing until he lands a job in his field. "I know I'll get a job," he said with confidence. "It's just a matter of being patient and not giving up."

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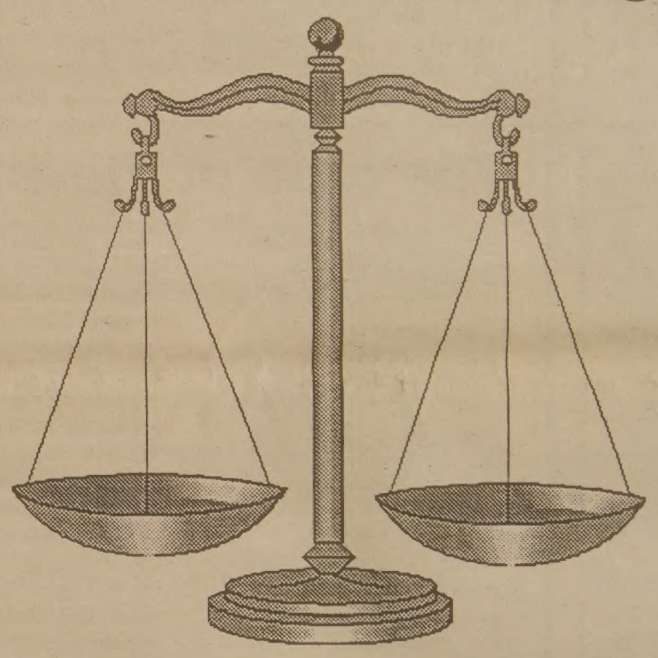

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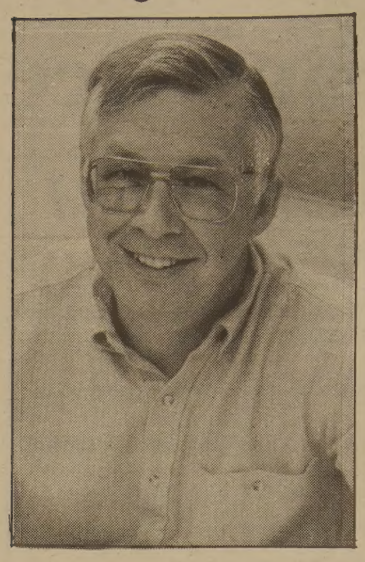
This contest is open to any students enrolled in a Canadian College or University.

The 'Invitations to Debate' contest is sponsored by Guideposts for a Sustainable Future, a non-profit, non-government organization.

Taylor retiring after 25 years at the college



LARRY TAYLOR

By NETHA NEVERSON
Staff Writer

It's the closing of one chapter and the opening of another.

After working 25 years and six months at Niagara College, Larry Taylor has retired as the director of the Media and Design Division.

When he first arrived at the college, Taylor taught in the Radio and Television program for a "couple of years." After teaching in the program for two years, Taylor was named co-ordinator, a post he held for 20 years.

For the past three years, he has been director of the Media and Design division.

Four months ago, Taylor was named internal director to the Hospitality and Tourism Centre in Niagara Falls.

Taylor said his job was to make sure professors and students had what they needed to get their jobs done. He was the "lobbyist for the department."

Taylor said he was planning on retiring in August 1997, but decided to do it this year when he was offered an early retirement package.

"Now is as good a time as any," he said.

There is more to retirement than just a good-package deal; he was thinking of the college too.

"The college is going through a tough time and if retiring is going to give someone a job why not," said Taylor.

'I plan to spend some time up at my cottage fishing, reading and putting my feet up.'
-Taylor

He graduated from the Radio and Television Arts program in 1960 from Ryerson Polytechnical Institute, now a university.

Taylor held a number of jobs in the broadcasting field before arriving at Niagara.

While studying in Toronto, Taylor worked at CFRB, a radio station in Toronto, as a producer and operator. He then moved to CKNX, a television station in Winnipeg, Man., as a producer and audio operator.

He refined his skills at Ottawa's CFRA in the promotions department. Before starting his teaching career at Niagara, Taylor worked at CHSC, a radio station in St. Catharines, doing advertising.

"I plan to spend some time up at my cottage fishing, reading and putting my feet up."

He said he might do some contract work but hasn't made any plans yet. "I'm going to relax first."

He said he never got bored working at the college. "Some days are better than others — but never boring."

Taylor said he has become close to some of the people he works with and will miss them. "You can't work side by side with people and not become close friends. I will miss the close friends I've made over the years. I've enjoyed the people and the students most."

'Being around young people that's what keeps you young.'
-Taylor

Taylor's last day will be July 31.

"It has been a great 25 years, lots of fun. There was never a dull moment. Whenever you're around young people there's never a dull moment; that's what keeps you young."

The Media and Design Division has been amalgamated within the Information and Computer Technology Division under the directorship of Leo Tiberi.

COLLEGE CLIPS

Poinsettia sales down from last year

By LEAH LAPRISE
Staff Writer

This year's poinsettia sale didn't do as well as last year's, says Tom Ball, co-ordinator of Niagara College's Horticulture Technician program in St. Catharines.

The poinsettias are grown each year by the horticulture students for sale at Christmas time, and were on sale at the Horticulture Centre and the college's main campus in the weeks before Christmas.

Ball says two-thirds of this year's crop was sold. He says poor sales can be attributed to "problems with insects."

However, Ball says insects are a "realistic" problem and can be used as a learning experience for students.

The students have learned that they will have to be "more proficient" with insect control at the beginning of next year's crop, so they won't have the same problem next year, says Ball.

At least four varieties of poinsettia were grown at the Horticulture Centre for this year's sale. Proceeds from the sale go back into horticulture programs.

Show off your diploma in style

By JOHN ROUSSEL
Staff Writer

Graduation time is coming and what better way to prominently display your diploma than with a frame from the Niagara College Alumni Association.

Information about the frames can be obtained from Martha Gleddie, an alumni member and co-ordinator of special events for the Niagara College Foundation, at (905) 988-5211.

The money raised by the alumni will be used for bursaries to help students in financial need, said Lewis Silvestri, an alumni member and part-time English teacher.

Funds were also raised in October through a phone-a-thon fund-raising drive headed by the alumni.

The two frames available are a gold metallic frame for $40.25 and a two-toned walnut-looking frame for $51.75.

Satellite system not helping students

By JENNIFER BACON
Staff Writer

The purpose of College des Grands Lacs, or so its motto says, is to prepare students for the 21st century.

However, many students say their needs aren't being met.

"I go home and cry every night," said Lori Lamontagne, 19, a first-year Early Childhood Education student at the French college.

She said she was thrown into her program without any formal training on the computer system the school uses. She added she still doesn't know how to use one system.

College des Grands Lacs' Welland campus is one of five campuses in Southern Ontario, linked through satellite screens and computer link-ups.

College des Grands Lacs offers French-language programs in Business Administration, Tourism, Health Sciences, Human Relations and Multi-media Technology. All programs are taught through distance education.

"They should have had classes to prepare us (for the satellite systems)," said Teri Gagnon, 18, an ECE student at the French college.

Gagnon said some teachers even have trouble with the systems.

Lamontagne and Gagnon are in the process of transferring to Niagara College for their second year of studies.

Nurses on line

BY DEBBIE CUNNINGHAM
Staff Writer

Niagara College nurses go on line — the phone line, that is — to help you find the answers to your general health questions.

Wellness Information Niagara (W.I.N.) entered the world of toll-free calling on Jan. 22. Second and third-year nursing students will be answering the calls as part of their medical/surgical learning objectives. They will gain experience giving out information on healthy lifestyles.

The following phone numbers are open 24 hours a day. If you get the answering machine, all you have to leave is your first name and phone number. A nursing student will get back to you. Any calls made on the weekend will be picked up on Monday.

- 735-2211-1-6525
- 382-2383-1-6525
- 641-2252-1-6525
- 563-3252-1-6525

Marian Landry, a professor in the Nursing Studies division, said this is not an emergency line. She also wants to stress that calls are STRICTLY CONFIDENTAL just like any medical matter.

If you have any serious concerns, see your doctor.

Cops are being traded

BY JASON CHASE
Staff Writer

They may not be baseball greats or hockey legends, but soon Niagara Regional Police (NRP) will appear as heroes in a new set of cop collectible cards.

"It's a good program," said Sgt. Laurie Leonard of the NRP's community services unit. "The goal is to bridge the communication gap between youth and the police."

A 66-card set of the NRP will be distributed this May during Police Week 1996 by police officers.

"It will give officers a chance to talk to youth and youth to the police. It will help get some positive communication going," said Leonard.

During February, photos will be taken of the police.

Leonard said the photos should catch the police in their own environment, playing basketball, or sitting in front of a computer or with youngsters.

"The cards will show that police are people and people are police," said Leonard.

The cards will display a police officer's photograph on the front with biographical information and a safety tip on the back.

"We want to de-mystify the stereotype," said Leonard.

Police Week '96 is from May 12 to May 18. The cards will be unveiled during the week. There is no cost for the cards.

"Individuals in the community have been keen on the idea. The response to the cop cards program has been positive," said Leonard.

ST. VALENTINE'S DAY

Valentine's Day does not equal romance

By NANCY KIMSEY
Staff Writer

When we think of Feb. 14, most of us think of St. Valentine's Day, candy, hearts and flowers.

In Canada, sweethearts exchange gifts and enjoy candlelit dinners. Some get married or engaged on this traditional lovers' day of celebration.

St. Valentine is considered the patron saint of lovers. The holiday's name has nothing to do with romance.

It may come from an early Christian martyr named Valentine who was ordered beheaded by Claudius the Goth around 269 A.D. There were rumors of a second man named Valentine, a bishop of Terni, who also lost his head to the axman around the same time. The generally accepted story is that the two men were one and the same, possibly taken from one city to another to be executed.

The folk festival celebrated in Canada, England, France and the United States bears the name of the saint but has no connection to him. It continues the customs of an ancient pagan festival known as Lupercalia and includes the tradition of exchanging cards with the person's object of desire.

In medieval times, people believed the birds' mating season started in February. They interpreted this as a sign to choose their potential human mate. Young people would write the names of possible mates on slips of paper which were then drawn by lots. If the match was unsuitable or undesirable, it could be changed a year later.

By the 19th century, the tradition had evolved into sending anonymous cards and messages to the object of one's affection.

In present times, newspaper advertisements, E-mail messages and candygrams are among the many ways we express feelings for another. Most messages are no longer anonymous. The term valentine now refers to the message as well as the sender and recipient.

Other celebrations around the world on Feb. 14

•Admission Day - Arizona

A legal holiday celebrating the day President Taft signed the proclamation admitting Arizona as the 28th state in 1912.

•Fjortende Februar - Denmark

Danish school children exchange small gifts and tokens on this day.

•Literacy Day - Liberia

This day was established to honor a world-wide campaign to wipe out illiteracy and encourage adult education.

•Oregon Statehood Day - Oregon

Oregonians celebrate the anniversary of their state's 1859 entry as the 33rd state.

•Trifon Zarezan or Viticulturist's Day - Bulgaria

This centuries old celebration is based on the cult of Dionysus, the god of wine and merriment.

Let Mother Nature's beauty speak for you

By DEBBIE CUNNINGHAM
Staff Writer

You want to tell your loved one how much you care but you can't seem to find the right words to use. Why not let Mother Nature speak for you with a beauty flower?

Flowers and love were made for each other. The mythology of the garden has been used since ancient times to symbolize affection.

In medieval Europe, flowers of different colors expressed different emotions. Shakespeare used flora often in his verse, and Victorian men and women were able to conduct an entire conversation without uttering one word. They let the meanings behind each plant do the courting for them.

Joan Zahorchak, owner and designer of Artistically Yours, 64A St. Paul St. West in St. Catharines, said the reason roses are so popular is that they are the most well known. Valentine's Day is the busiest time of the year for her.

She adds that flowers are "food for the soul" and that they should not be given just on special days but given more often.

A European designer told her once that in North America, a man gives flowers when he has done something wrong. In Europe, if a man does not give flowers, there is something wrong.

A dozen roses can say so much when you find yourself at a loss for words. This bouquet was designed at Artistically Yours.

Photo by Debbie Cunningham

A rose is a rose is a rose

BRIDAL = happy start
CHRISTMAS = tranquilize my anxiety
CORAL = desire
DARK CRIMSON = mourning
HIBISCUS = delicate beauty
LAVENDER = enchantment
ORANGE = fascination
PINK, DARK = thankfulness
PINK, LIGHT = grace, joy
RED = love, beauty, respect
ROSE LEAF = may you hope
SINGLE = simplicity
TEA COLOR = I'll remember always
THORNLESS = love at first sight
WHITE = silence, innocence, secrecy
WHITE AND RED = unity
YELLOW = joy, friendship

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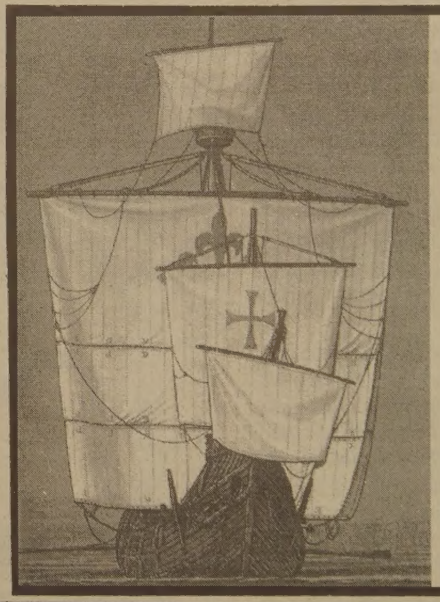

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SPORTS

Lady basketball Knights overpowered in loss

By SALVADOR RAMOS JR.
Staff Writer

Niagara's women's basketball team hit a bump on the road to the playoffs by losing to London's Fanshawe Falcons, but they can still reach their destination.

The Knights lost 94-37 to the Falcons after taking an early lead of 8-3, five minutes into the game.

They trailed 42-21 at the half and were unable to turn it around. The defence was stymied by the Falcon's fast-break offence. The Knights' offence seemed off-key the whole evening. They were plagued by erratic passing and the inability to finish the play.

Shelley Holden provided the highlight of the game by making three treys from outside, for her game-total of nine points (the highest in the game).

Manie Roy, who usually accounts for most of the Knights' points, finished the evening with four points — her lowest total for the season. Michelle Pring and Julie McLaren added six points apiece, followed by Tara Pepper and Jennifer Crosby with five each.

Coach Brian Bleich said the Knights were overpowered by the Falcons' quickness and their depth off the bench. "Our girls come out strong for five minutes/10 minutes, they get tired, and when I go to our bench we are not as strong... when they (the other teams) bring people out of their bench who are as good as their starters," added Bleich.

Stephanie Lawson was out of action due to the flu, leaving a depleted bench of only three backups, when the Falcon's bench had the luxury of seven backups.

Bleich said things remain unchanged despite the loss, "to make the playoffs we have to win one more game and to get home-advantage we have to win two more," he added.

There are three remaining games.

One more close call, but the bullet was dodged once again by the Knights.

Niagara ran away with a 57-54 win, and the .500 mark, against Toronto's George Brown Huskies to get closer to the playoff at home Feb. 3.

The Huskies took advantage of the Knights' mistakes scoring first and taking an early 6-0 lead, stretching it out as much as 14-2 — 10 minutes into the game.

The Knights refused to fold and give up, despite the poor start. They turned the game around and went into the half with a 24-18 lead.

In the second half, the Huskies took the lead back and held on to it for the first 15 minutes, but once again, the Knights wouldn't be denied.

Holden began another comeback with two shots from downtown and the Knights took a 50-48 lead with five minutes left.

The Huskies tied the game at 54, but Lesley Smith put the Knights ahead by three points. A stifling defence shut down the Huskies' offence and the Knights escaped with the win.

Roy finished the night with 18 points, followed by McLaren and Holden with 10 apiece. Penni Toneguzzo made her return to the court and added six points. Pring and Crosby added four apiece.

The win gives the Knights a 5-6 record and one more step towards a playoff spot in the Ontario Colleges Athletic Association. They played last night against Toronto's Durham College and play tomorrow against Seneca at home at 2 p.m.

They finished the season on the road against the Mohawk Mountaineers in Hamilton, next Saturday.

Shelley Holden (22) dances away from a player with the same stamina as the Knights when they defeated the Georgian College Huskies 57-54.

Photo by Salvador Ramos Jr.

A crappie derby

By JASON CHASE
Staff Writer

Wilderness, fun and crappie fishing.

There's going to be an ice fishing crappie derby at Binbrook Conservation Area, just south of Hamilton in the Town of Glanbrook, on Saturday Feb. 17 and Sunday, Feb. 18.

"It's an opportunity for some recreation crappie fishing in southern Ontario," said Shelly Dunn, supervisor of environmental services of the Niagara Peninsula Conservation Authority.

You can fish from 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 3 p.m. on Sunday.

"It's going to be a fun and enjoyable day for people and you help support the conservation at the same time," said Dunn.

One day admission is $5 per car and $3 for each person. There is a two-day special entry fee of $5 per car and $5 for each person and a second car gets in for free.

"The money raised will be reinvested back into the conservation (authority) programs," said Dunn.

Prizes will be awarded in adult and child categories for the highest total weight of crappies caught. All other species besides crappies must be released.

Dunn said provided the weather's good, the event has a lot to offer.

In case of unsafe ice conditions the alternate dates are Feb. 24 and Feb. 25.

For more information, contact The Niagara Peninsula Conservation Authority at 1-800-263-4760.

Knights miss post season

By BRIAN BOWMAN
Staff Writer

Niagara's men's basketball team has failed to qualify for the Ontario Colleges Athletic Association's (OCAA) post-season play for the second year in a row under the guidance of head coach Randy Conlon.

The Knights, with a disappointing 5-8 regular season record, dropped a pair of close games, in a matter of days, against two of the top teams in the OCAA West Region.

Niagara suffered a heart-breaking 76-74 loss to the fourth-place St. Clair Saints last Saturday afternoon, in a battle that ultimately decided the final playoff spot, and eliminated the Knights from the luxury of post-season play.

The loss was characteristic of the Knights' play all season. A season which saw more than its share of ups and downs, turnovers, and missed shots. Niagara led 41-28 at the half, but once again unravelled against the Saints, who average 89.3 points per game.

Tuesday night's performance against the first-place Fanshawe Falcons was one of the highlights in the Knights' sub-par season. It was a gritty performance, that once again succumbed to a much more talented ball club. A 76-70 loss, had little meaning in terms of standing for the Knights, but the character and heart they showed was evident by many and echoed by head coach Randy Conlon.

"We came into this game with nothing to win but our pride," said the satisfied coach. "We've worked hard all seaon, we're just a little bit away from taking our game to that next level. I'm proud of these guys."

The Knights (in white) were left looking for the ball and a playoff spot, after losing 76-70 to the Fanshawe Falcons.

Photo by Salvador Ramos Jr.

Niagara's effort was one of their finest of the season against a high-calibre team with a serious shot at the OCAA title. The Knights fell victim to an 18-2 Falcons' run in the final five minutes in the first half that proved to be the difference.

Forward Derek Flindall led Niagara's attack with 21 points, 14 of those coming in the first half.

Next action for the Knights will be the last of a four-game homestand tomorrow afternoon against Lambton College. Game time is 1 p.m.

SPORTS

Season goes on despite disappointments

Niagara's Laura Chatterton (9) reaches for the sky, and the kill, in action against the Redeemer Royals.
Photo by Salvador Ramos Jr.

By JOHN EATON
Staff Writer

The women's volleyball team played against Mohawk College in Hamilton on Feb. 2.

Mohawk defeated Niagara three games to one.

Mohawk won the first game 15-11, with Niagara winning the second match 15-8. Mohawk then won the next two games by scores of 15-4 and 15-8 to complete the match.

Through 10 games so far this season, the Lady Knights have a record of two wins and eight losses.

It was a thrilling game against Ancaster's Redeemer College for the Niagara College women's volleyball team on Jan. 31.

The Lady Knights won three games to two.

Redeemer took the first and fourth games with scores of 15-9 and 15-10. Niagara won the second and third games winning 15-9 and 15-8.

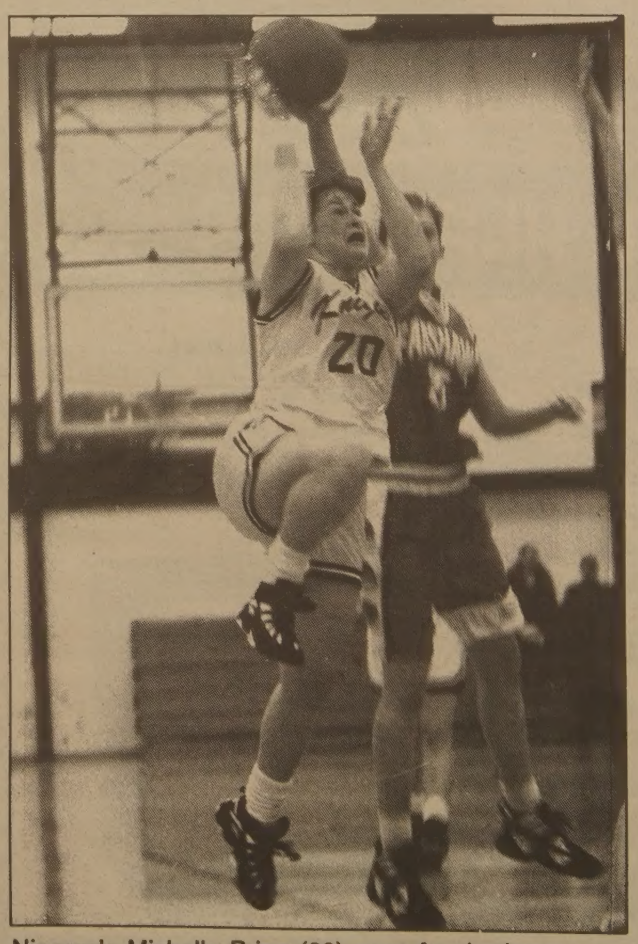
The fifth match of the game was the most exciting. The match was decided by rally point, with the Knights finally defeating Redeemer 21-19.

"There were some amazing kills in this game," said coach Carolyn Schatz.

Team captain Laura Chatterton had 27 kills for the Knights and Cindy Emery helped lead the team to victory with 16 kills of her own.

Niagara's Cindy Emery (5) takes her turn at making the kill against Redeemer Royals.
Photo by Salvador Ramos Jr.

One for the road



Niagara's Michelle Pring (20) goes for the layup in action against the Fanshawe Falcons.
Photo by Salvador Ramos Jr.

Knights hit their second coming

By SALVADOR RAMOS JR.
Staff Writer

The future is looking brighter for Niagara's men's volleyball team as they took their fifth win of the year against North Bay's Canadore College Feb. 3.

Niagara Knights took their first set in impressive form 15-8, but were destroyed in the second set by the Panthers, 15-3.

A tough defence led the way for the Knights in the next two sets. Our offence tallied both wins with scores of 15-9 and 15-12 to take the match.

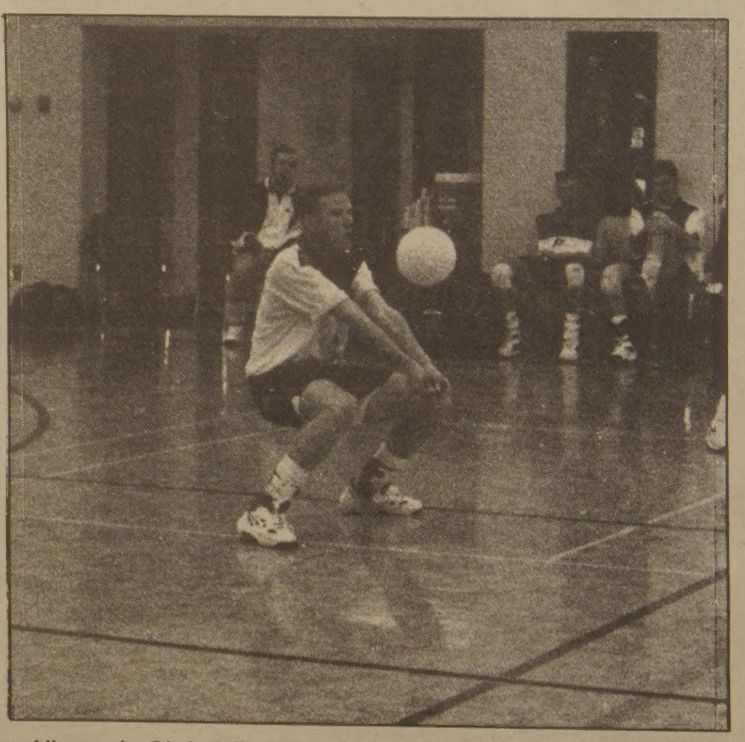
Alexis Saddler finished the game with 11 kills, followed by Pat Deschambeault with nine and Chris Wiersman with eight. Paul Clark and Warren Belle added seven kills apiece.

Coach Blair Cudmore said the team didn't play "as well" but the win brings them to third place in their division and on the right track to a playoff spot.

Knights' Deschambeault said the team started out strong but "laid back" in the second set allowing the Panthers' comeback. He added that any mistakes made were quickly countered by good playing from the team.

Niagara stands at 6-5 on the year, after starting the season with a 0-4 record last year in the Ontario Colleges Athletics Association (OCAA) West Division.

The Knights had the week off which gave them a break and the chance to rest for a weekend trip to North Bay.



Niagara's Chris Wiersman (4) receives the serve in the win against the Canadore Panthers.
Photo by Salvador Ramos Jr.

The Knights will play the Panthers tomorrow and Nipissing University Lakers on Sunday. The season will end on the road against the Georgian College Grizzlies on Tuesday, Feb. 13.

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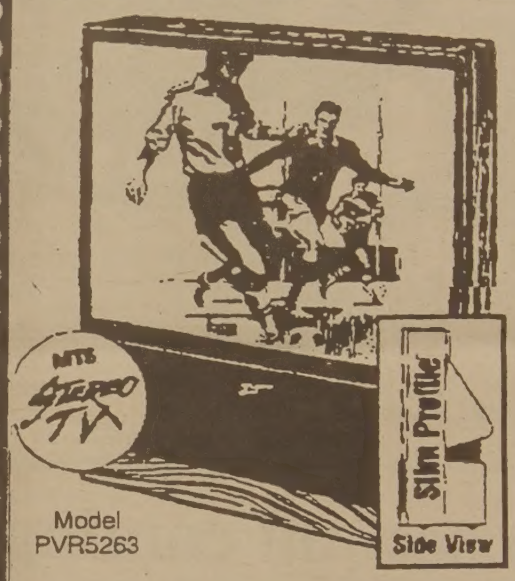

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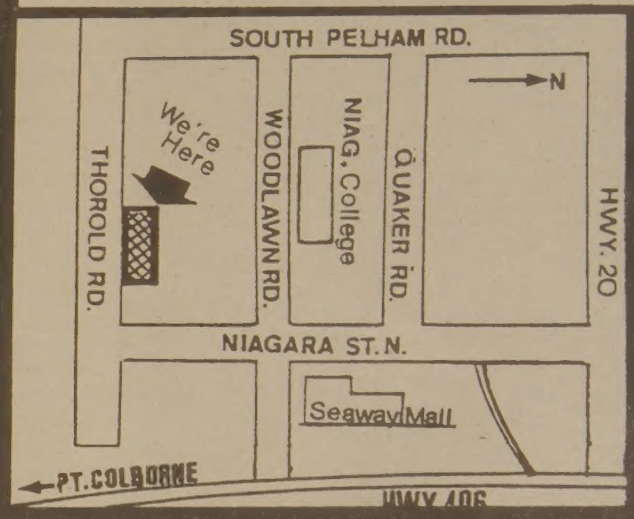

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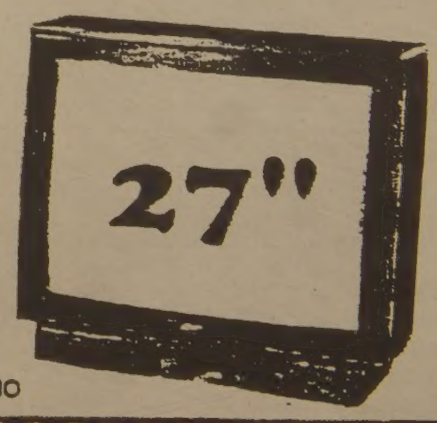

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Major changes coming to Niagara College

By MARK FERENCE
Staff Writer

If you've been over in Hennepin Hall lately, you've probably wondered what all the racket is about.

Two major changes are coming to the layout of Niagara College.

At present student services at the college are a little mixed up. A number of the services are located a distance from each other and are lacking a cohesive organization.

Student services are being gathered together in one area, across from the Secord Room in the Merritt building.

"We're moving towards a one-stop process for students," said Al Vaughan, registrar at Niagara College.

"By gathering all these services together we're hoping we can be an easy stop for students. Students will no longer have to wait in numerous lines to get things done."

Most of these changes will occur between March 11 and March 15, when students are off for Reading Week.

The student services, which will locate in the Merritt building, will include Admissions and Financial Aid, Registration and Records, Scheduling, Counselling, Special Needs and the Office for Advanced Standing.

Most of the school's populace is located near this area and therefore the intended facility will be of greater use to the students.

Students will be more inclined to get things done, if they don't have to walk all the way across campus.

"The students seem to put things off when they have to go so far out of their way. You wouldn't believe how many people we send for counselling who actually show up," said Vaughan.

The empty space in Hennepin Hall is being filled with the Call Centre Lab and eventually an actual call centre for use by students in the Call Centre Program.

Businesses and governments have realized that call centres are important and effective ways to provide personal customer service. In North America, call centres are an $80 billion enterprise. As a result, Niagara College has implemented a call centre program to teach the skills needed to perform successfully in this field.

If all things go according to plan, this will only be phase one in the changes. Depending on the availability of government funding, the school plans to create a new front entrance either a main lobby or greeting area equipped with an information kiosk.

"We're optimistic about the grant previously approved to our college. We haven't heard anything yet, but we're hoping to hear an announcement in March," said Vaughan.

All these renovations, both present and future, are creating a new atmosphere at the college. Much effort is being put into making life easier for the students of the college as well as attracting potential applicants.

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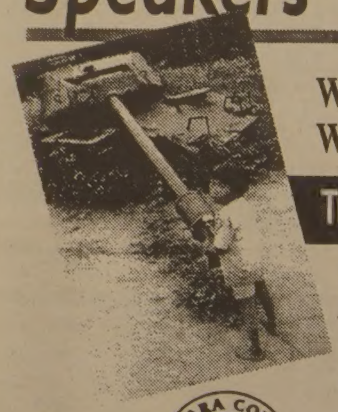

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Students fundraise through sobriety challenge

By JENNIFER MITCHELL
Staff Writer

A novel reason to quit drinking (at least for a week) is coming up.

A fund-raiser, conducted by six Niagara College students, benefiting the Homewood Health Centre in Guelph, will begin Feb. 12.

Kelly Custance, Jasmin Dingillo, Kelly Lampman, Natalie Roy, Lena Spence, and Marianne Weaver, Human Relations program second-year students, decided to raise money for the Homewood Foundation because some members of the group had family members that had been to Homewood.

Teachers and students are invited to come to the booth set up in front of the Welland campus library on Feb. 12 and 13 from 10:30 a.m. to 3:30 p.m., and Feb. 14 from 9:30 a.m. to 1:20 p.m.

Fill out an information sheet, sign a sobriety contract, and visit the houses in your neighborhood. Ask family, friends, neighbors and strangers if they will sponsor you. Amounts sponsored must be in dollar denominations, no pennies. Any amount donated over $10 is eligible for an income tax donation receipt. There will be a donation jar for people who don't want to fund-raise.

The period of abstinence is from Monday, Feb. 19 to Monday, Feb. 26.

Money and sponsor sheets can be dropped off Wednesday, Feb. 28, at a booth in front of the library from 11:30 a.m. to 3:30 p.m. If you miss the booth, money and sponsor sheets can be dropped off in Simcoe Room 110, office of Beverly Brown, co-ordinator for the Human Relations program, on Thursday, Feb. 29, or Friday, March 1. If you collect your money earlier than Feb. 28, it can be dropped in Brown's office any time.

The person with the most pledges is eligible to win a $50 gift certificate from the book store, if their money is handed in by March 1.

The instigators of a Niagara College sobriety challenge to raise money. From left, second-year Human Relations program students, Lena Spence, Natalie Roy, Kelly Lampman, Kelly Custance, Jasmin Dingillo and Marianne Weaver.

Photo by Jennifer Mitchell

The Homewood Foundation, the fundraising section of the Homewood Health Centre, 150 Delhi St., Guelph, is a new foundation.

"This is the very first time an independent student group has offered to help the centre, and I'm proud the girls have decided to support us," says Dinnie Baker, the foundation's development officer.

The Health Centre, which has existed for 112 years, is a 312-bed hospital with programs addressing; addiction, eating disorders, general psychiatry, geropsychiatry (Alzheimer's, dementia), men in crisis and survivors of childhood trauma.

Interested persons can contact Brown at Ext. 7724, for more information.

Graduates win bronze

Winning 3-D posters will be published in book

By JOHN EATON
Staff Writer

Four graduates of the Visual Creative Arts and Design program at Niagara College recently won a prestigious award for their work in dimensional illustration.

The students won for their 3-D posters made out of paper.

Astrid Fortin Akkerman, of Niagara Falls, won for his poster honoring Holland, the capital city of Amsterdam.

Anna Swiercz, of Welland, won for her poster honoring Paris, the capital of France.

Janice Pettypiece, of Niagara Falls, won for her poster honoring Kyoto, a large city in Japan.

Lana Plante, of Welland, won for her poster honoring Rome, the capital of Italy.

The students, who graduated in June 1995, won the awards from a class in the program called Two- and Three-Dimensional Design, taught by Valerie Stacey, co-ordinator of the program.

The former students received their third-place finishes — a bronze medal — in the seventh annual Dimensional Art Directors and Illustrators Awards Show at the Art Directors Club in New York City.

Last year, 250 gold, silver and bronze award winners were selected from 1,400 entries submitted worldwide.

Their work was exhibited, along with the other award winners' in printed form, at the Art Directors Club, 250 Park Ave. S., from Nov. 27 to Dec. 1, 1995.

The winners got their awards on Dec. 28 during a personal reception.

Plante attended the ceremony in New York City. "It was better than any vacation I ever had," said Plante.

'This will give Niagara College international recognition'
Stacey

The students' work will be published in a book called **The Best Of 3-D Advertising**. The book is scheduled to be released in January 1997.

"This will give Niagara College international recognition," said Stacey, who won a bronze medal as program co-ordinator. "The successful students had a great work ethic."

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6. THE GARDEN OF ALLAH	DON HENLEY
7. PROMISE	VICTOR
8. 1979	THE SMASHING PUMPKINS
9. SISTER	THE NIXONS
10. HEAVEN BESIDE YOU	ALICE IN CHAINS
11. BETTER OFF AS WE ARE	BLUE RODEO
12. GOOD INTENTIONS	TOAD THE WET SPROCKET
13. GLYCERINE	BUSH
14. SLEEPY MAGGIE	ASHLEY MACISAAC
15. TAFFY	LISA LOEB
16. MY FRIENDS	RED HOT CHILI PEPPERS
17. BAD AS THEY SEEM	HAYDEN
18. GRIND	ALICE IN CHAINS
19. FREE AS A BIRD	THE BEATLES
20. BULLET WITH BUTTERFLY WINGS	THE SMASHING PUMPKINS
21. TIME	HOOTIE AND THE BLOWFISH
22. GO WALKING DOWN THERE	CHRIS ISSAK
23. EVEN GRABLE	treble charger
24. MISS SARAJEVO	THE PASSENGERS
25. OH SHELLY	BARNEY BENTALL
26. TELL HER THIS	DEL AMITRI
27. LIKE A ROLLING STONE	THE ROLLING STONES
28. HOOK	BLUES TRAVELLER
29. U.F.O. ROSIE	WEEPING TILE
30. TOES ACROSS THE FLOOR	BLIND MELON
31. LUMP	THE PRESIDENTS OF THE UNITED STATES OF AMERICA
32. ROSEALIA	BETTER THAN EZRA
33. IF I WERE YOU	k.d. lang
34. BRUSH AWAY	ALICE IN CHAINS
35. WILDEST DREAMS	TOM COCHRANE
36. SISTER AWAKE	THE TEA PARTY
37. A GIRL LIKE YOU	EDWYN COLLINS
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Plan to increase enrolment of international students

By LAURY REID
Staff Writer

The International Education department's visions for globalizing Niagara College are becoming a reality.

Jos Nolle, international operations manager, said a five-year plan for global marketing of Niagara College was launched last fall.

Nolle's five-year goal is to see the number of international students here increase to more than 200 from the current 88.

"To promote a school like ours worldwide is not so easy," said Nolle, because you have to find a way to reach potentially interested students.

Much of the time student interest depends on the economy of the student's home country.

International students pay higher tuition to study in Canada due to differential fees, which cover special programs, the effort to get them here, the operational cost of the international operations office and the entire cost of the courses without the government subsidization provided for Canadian students.

The marketing focus is currently on Germany and Spain, Mexico, Brazil and Argentina, and Japan, Korea and Taiwan. The college's international population is 30 per cent from Japan, 30 per cent from Korea, and 40 per cent from other countries.

"We try not to focus only on Japan and Korea, but try to get a nice mix of students," said Nolle.

A country's educational system is another factor in finding potential students. Some countries teach English well enough students don't need to learn it. Others, however, find English so different from their own language they are unable to learn it well second-hand.

Students come from Japan and Korea to improve their English and prepare for post-secondary education. Some students remain in Canada to complete their education.

In Latin America there are more universities than colleges. Students who want the hands-on experience college gives them come to Canada for their education.

Germany and Spain have good post-secondary programs, said Nolle, and they deal more in exchange programs with Canada so students can have mutual understanding of each other's languages.

Marketing tools used to reach prospective students include program brochures from the marketing department, copies of the Niagara News, college magazines, and information from former students.

Nolle said the college tries to ensure the international students are "successful and happy with their experience here" so they will go home and encourage others to experience this form of education.

Nolle said he tries to do much of the marketing from Canada with as little travelling as possible to save on costs.

"I try to use the diversity among the community."

Nolle said he knows many people who travel for business purposes, and they help him to promote Niagara College on a global scale.

"We can't go everywhere all at the same time — we have to make a plan."

In May, Nolle, who is on the board of directors of the medical humanitarian relief organization Medecins Sans Frontiers International/Doctors Without Borders (MSF), will be in Amsterdam on business and plans to visit Germany and Spain to promote international education, at no cost to the college.

In October, Susan Vandenboom, co-ordinator of the English as a Second Language program (ESL), will go to Japan to promote the ESL program and the college at education fairs.

Nolle's other target in the five-year plan is to have 20 to 30 students on exchange placements. These students could also be marketers for the college, said Nolle, by encouraging students from other countries to come here.

"It would be nice for the college to have partnerships with schools in other countries," said Nolle, adding many of the relationships formed between Canadian students and international students could create important connections in international business.

If these things can be achieved, "Niagara College will have that extra little spark of being an interesting institution."

Healthy lifestyle promotes healthy living

Niagara College hosts blood pressure clinic this month

By DEBBIE CUNNINGHAM
Staff Writer

Have a heart for your heart. Get your blood pressure checked.

February is Heart and Stroke Month. Niagara College's health centre will be offering free blood pressure checks every Friday from 9 a.m. to 1 p.m. and 2 p.m. to 4 p.m. at the Welland Campus.

High blood pressure, or hypertension, can occur at any age. However, it appears more often with aging and is rare in children. It can damage the artery linings. If the condition is left unattended, it can lead to atherosclerosis, commonly known as "hardening of the arteries." When this condition develops, it can lead to stroke, heart attack, heart failure, peripheral vascular disease (PVD), kidney failure and other circulation problems.

It's important for you to know if you have high blood pressure so you can seek treatment as soon as possible. If you are older than 45, have a family history of high blood pressure, stroke or heart disease, are African-American, are post-menopausal; are diabetic or have kidney problems, you should have your blood pressure checked at least every two years.

HOW TO HAVE A HEALTHY BLOOD PRESSURE

- Have your blood pressure checked regularly by a qualified person.
- Adopt a healthy lifestyle. Your diet, especially your salt and potassium intake, alcohol consumption, your body weight and activity level, can affect your blood pressure.
- Discuss with your doctor the effect that age, heredity, race, gender and other medical conditions may have on your blood pressure.

HOW TO PREPARE FOR HAVING YOUR BLOOD PRESSURE CHECKED

- Do not eat for at least half an hour before your blood pressure is taken. Older adults should wait two hours.
- Avoid smoking and caffeine (coffee, cola, tea, chocolate) for at least two hours prior to measurement.
- Wear loose, non-restrictive clothing so the arm used will be easily accessible.
- Avoid heavy physical activity for two to three hours beforehand.
- Try to be well rested.
- If you are able, arrive for your the check at least 15 minutes early so that you have time to relax prior to having it taken. You may also need this time to cool down or warm up, depending on the temperature outside.
- Have your pressure taken at the same time of day, each time it is taken, if possible.
- Be sure to go to the bathroom. A full bladder or bowel affects your pressure.
- Do not talk or read when your pressure is being measured.
- Let the person taking your pressure know if you have taken any medication, including over-the-counter medications, for example, cold remedies, nicotine gum or pain medications.

HOW TO GET MORE INFORMATION

- Heart and Stroke Foundation.
- Your doctor.
- Your work or school health centre.
- A public health unit.
- Your local pharmacy.
- A community health centre.
- A local library.

NDHC uses local input

By BEN FISHER
Staff Writer

The Niagara District Health Council (NDHC) is adapting to changes in the way health care is provided by involving the community.

On Feb. 1, the NDHC held an information session in Thorold to recruit members for the Community Visioning Steering Committee. The 12-member committee consists of an equal mix of health care providers and consumers who will prepare a study.

Goals of the study are to estimate the future health care needs of Niagara residents by eliminating redundant services, closing gaps and ultimately developing a co-ordinated, accessible care network.

Barb Robinson, chair of the committee and NDHC, says they "have been given the mandate to look at human resources and area-wide planning," relating to health care in the Niagara Region.

"We hope to support a healthy community with an integrated health system of the highest quality," says Robinson.

The study will "ensure the system is in tune with health care needs," says Frank Vassallo, vice-chair of the NDHC. "The study will focus on and build a comprehensive system in Niagara."

November 1996 is the proposed completion date of the study. "The steering committee will do the body of the work. There is a lot of flexibility in assembling as many working groups as are needed," Vassallo says, adding, "We don't want to reinvent the wheel. We can use what's been provided in the past. Major changes based on the study will be implemented a few years from now. There is a two-year time frame before the rubber hits the road."

Doreen Angles, a Fort Erie senior, has reservations regarding the proposed hospital amalgamation and the purpose of the NDHC's study. "It is plain obvious that it would happen (hospital restructuring). There are so many problems I can see. By the time the study is in place (with the Ministry of Health), restructuring will already be done. I can see it getting worse."

Gary Zalot, executive director of NDHC, says "they are asking for a $419,000 budget. We are trying to use the best planning practice. We're going in with an understanding of key factors, while learning from other communities. The status quo is simply not an option. We'll lose the whole system."

Niagara College student takes advantage of employment opportunity

By LYN DUNLAP
Staff Writer

A Niagara College student is taking advantage of employment through the Ontario Work Study Plan.

Tonya Souliere, of Niagara Street in Welland, works part time in the Aboriginal Office as an office assistant.

She is also enrolled as a first-year student in the Law and Security Administration program and tutors English at the college.

The work study plan is offered through the Ontario Student Assistance Program (OSAP). Students must apply for the job and are allowed to make only so much a year.

This provides college students with an opportunity to help offset their financial needs when OSAP is not enough.

At the Aboriginal Office, Souliere does clerical work, such as taking and typing minutes, taking messages and "a lot of filing and doing reports."

Since she has been working, she says she has learned time management, "because I have many deadlines and have to write everything down that I do."

"I've also gained experience in an office environment."

Prior to attending Niagara, Souliere worked last summer at the University of Toronto as a registarial assistant.

Before her work began, she received her certificate for a one-year course in Business Administration held from September 1994 to May 1995.

For her co-op, she did a 16-week placement at the Ontario Ministry of Labor.

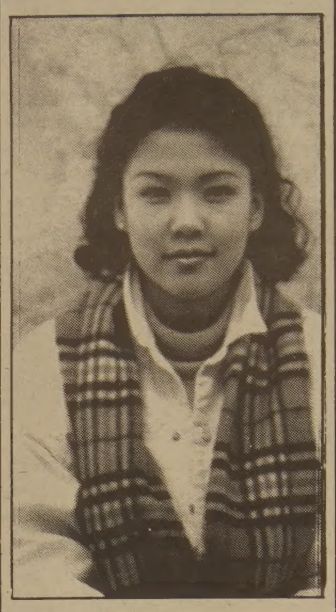
Souliere also attended George Brown College in Toronto in the Human Resources Management program. She didn't graduate, but finished the first year.

Souliere is a mother of one daughter, Alyssa Nadine, 6, a Grade 1 student at St. Kevin's School in Welland.

"I don't have any hobbies, or much spare time for that matter, because I'm usually so busy," she says.

"In the time that I do have, I enjoy spending it with my daughter and helping her with her school work."

Souliere is a single parent, but says her friends have been pretty helpful. "Working and going to school in the same place is really convenient," she adds.



YUN JU KIM

Trail of education

By TRACY LAPRISE
Staff Writer

Minsk, Russia, to Welland, Canada, is the trail of education for one international student.

Yun Ju Kim, 23, of Korea is in level-one English in the English as a Second Language program (ESL) at Niagara College.

She has been at Niagara College for one month.

Kim says she had visited Canada three times before starting at Niagara College. Three years ago, she came to Toronto to visit her aunt, Ae Soon Kwak and brother, Young Ki Kim.

Kim says she has studied at the University of Minsk where she lived in her professor's house for five years. She studied physical education and rythmic gymnastics. She says the area was clean, quiet and safe.

"One thing about the university was the classrooms were very cold," says Kim.

In Kim's stay at Minsk University, she also studied Russian history, as well as psychology and anatomy.

"The Soviet Union is no longer a country, its independence making the country very poor," says Kim.

Kim says there is a lot of crime in Russia. It's very dangerous with all the people living on the streets and stealing food to survive.

"I was very scared because people would come up to me and ask me for my money," says Kim.

She says in March she would like to travel back to Korea and get her masters degree in pyschology. It's a two-year program.

"After my education is done, I would like to get a job," says Kim.

Kim says she would like a job as a doctor in St. Petersburg, Russia.

Professor's insight anything but ordinary

By RON WOLF
Staff Writer

Bruce Tallon may look like an ordinary professor at Niagara College, but when it comes to science fiction, his insight is anything but ordinary.

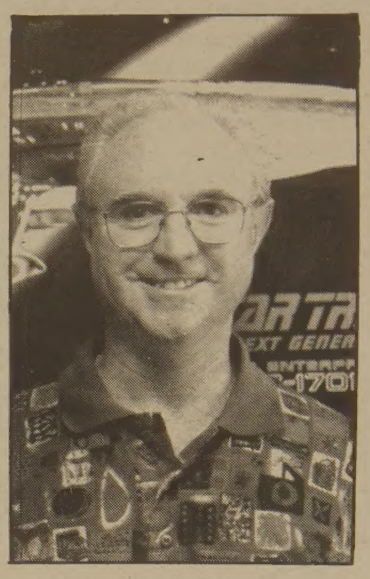
"Science fiction opens a person up to differences between people and alien cultures," said Tallon, co-ordinator, General Education and Advanced Studies.

"It gives a person an appreciation for tolerance of differences which exists between people and species,"

"From that point of view it's a reflection of how we do business with each other here on the planet. It tells a lot about if we're willing to accept somebody who doesn't look like the way we think they should look.

"People have different belief systems that we always had trouble with," said Tallon.

"In some parts of the world life is very inexpensive and not valued very highly. In other parts we say life is a very important function."



BRUCE TALLON

The key is the differences, said Tallon.

"It (science fiction) takes your mind in a direction that it has not been in before," said Tallon.

Tallon's hobbies include watching and collecting Star Trek memorabilia, science fiction. He plays squash, racquetball and tennis at Brock University.

"I love people," he said. "I love the idea of continuously learning new information. I love the idea of helping people to learn."

Tallon said he sees himself as a guide and as a pathfinder.

"I also like the idea of finding new paths of growth in terms of what I want to learn. It gives me a chance to learn from my students. The students teach me as well as I teach them."

Tallon says he believes teaching is not just a one-way process.

"Students can teach a teacher an awful lot about life and their experiences and they have great value. So this is an exchange, not a one way process as many people in technology seem to find it. It's a two way interaction that makes the whole thing work."

What Tallon doesn't like is being inconsistent with students through no fault of his own.

"Sometimes you're inconsistent because you don't have control when information changes. One day this set of rules is in operation, the next day there's a different set of rules in operation. It's not so much the rules changing as it is when the rules change dramatically and the students get caught in the crossfire sometimes and that bothers me.

"I can handle the inconsistencies and organization but I don't like to disadvantage the students. It's not good service."

Tallon was once a student at Niagara College, where he took courses in French and astronomy part time.

The Tallon family includes three girls and two boys. Tallon's wife, Sue, works at Niagara College as a development officer in the Continuing Education Department.

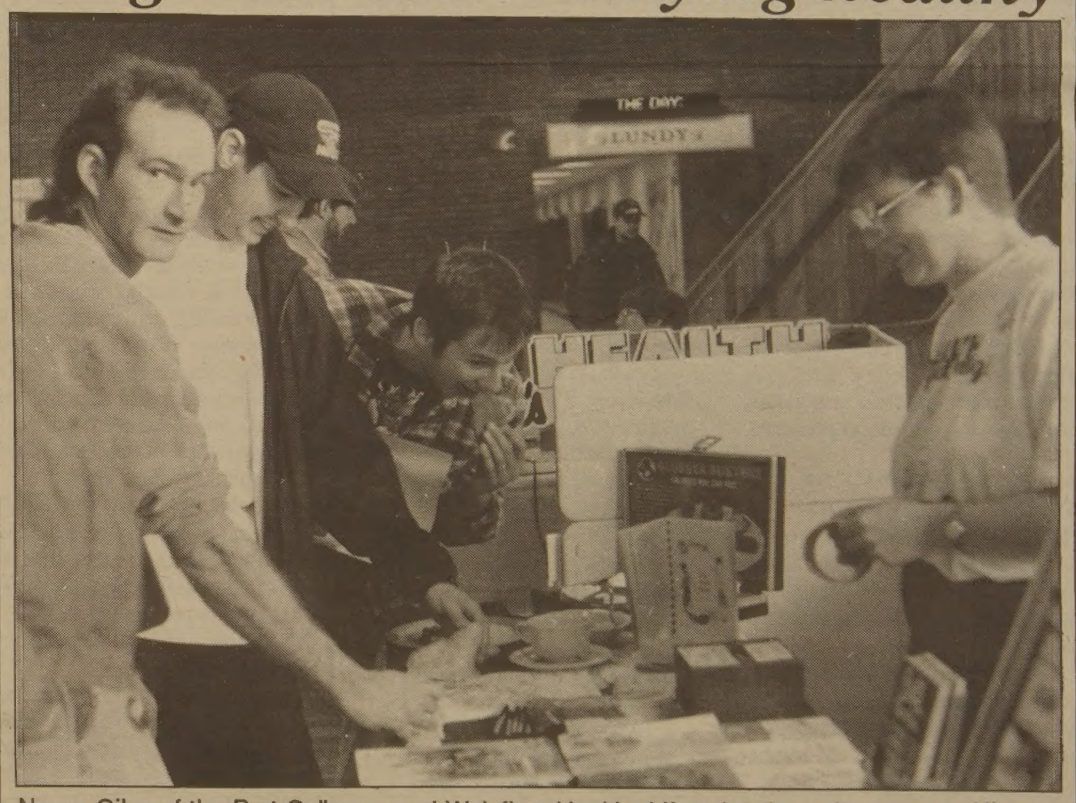
After some coaxing Tallon admitted that he was a young 50.

You probably won't find the Tallons in the city when they retire.

Tallon said he would like to move to the country when he retires.

"Maybe on a hobby farm. A real farm costs lots of money."

Niagara students staying healthy



Nancy Giles of the Port Colborne and Wainfleet Healthy Lifestyles Committee was at Niagara College last week showing students what they eat and what they should be eating for a healthy lifestyle.

Photo by Jason Chase

Social activity scheduled for February

By LYN DUNLAP
Staff Writer

Plans for a second social activity were discussed at the Aboriginal Student Council (ASC) meeting in the Aboriginal Lounge S102A on Wednesday, Jan. 31.

The social gathering will be held at the end of February in the Aboriginal Lounge. A guest speaker will be present to speak on native issues. Traditional native cuisine will be served for lunch.

The first ASC social activity was held the week before Christmas break.

Also discussed was the recruitment for the Career and College Opportunities program. The program will operate in September as scheduled if student enrolment is high enough.

"It's just a matter of getting enough students," says Wendy Johnson-Martin, manager of the aboriginal education access office.

"The number of students showing for the meetings doesn't reflect the number of native students that are here, or the number that are using the resources," she said.

Student safety first

By PATTY MALLAIS
Staff Writer

With short daylight hours in winter, as well as all year round, Campus Watch puts students' safety first.

In conjunction with Metropol Security, the Law and Security Administration students in the community policing course provide a campus watch service.

As part of their marks, first-year students are required to provide 16 hours of their time to this service. They conduct routine patrols of the parking lots and building perimeters as well as escorting students, visitors or faculty to their cars after classes have finished.

The service has been in effect for approximately three to four years and services up to a combined 74 students weekly from five campuses, which is up from prior years due to more awareness said one Metropol Security officer.

The security officer said this service acts as a deterrent to potential vandals and so far there have been no serious reports of incidents on any of the campuses.

Metropol Security, along with second-year security operations management students, supervise the first-year students.

To request a security escort contact the security office at your campus and a LASA student will be dispatched to assist you.

This service is available weekdays from 6:15 p.m. to 10:15 p.m. and from 7:15 p.m. to 10:15 p.m. at the Mack Nursing Centre.